

THERAPIST & CONSULTANT

## Art Bennett

### PROFILE

Over 30 years in mental health and community leadership and direct services and 18 years of integrating services and leadership with the Catholic Faith.

### EXPERIENCE

**BENNETT CONSULTING AND THERAPY LLC, ALEXANDRIA, VA 2021-PRESENT**

Provide mental health therapy and consultation for individuals, couples and families and leadership consultation and training.

**AUTHOR, ARLINGTON, VA. 2015-PRESENT**

Co-author, with my wife, Laraine, of 5 books integrating the Catholic Faith with mental health & relationship building.

- *Tuned In, The Power of Pressing Pause and Listening* 2017 (Our Sunday Visitor)
- *The Temperament God Gave You*, 2005 (Sophia)
- *The Temperament God Gave Your Spouse*, 2008 (Sophia)
- *The Emotions God Gave You*, 2011 (Word Among Us)
- *The Temperament God Gave Your Kids*, 2012 (Our Sunday Visitor)

**PRESIDENT & CEO, CATHOLIC CHARITIES DIOCESE OF ARLINGTON, VA. – 2010-2021**

Led Catholic Charities 20 programs in the 21 counties of the Diocese of Arlington.

Core Values:

- 1) Integrated the Catholic Faith in all areas
- 2) Helping the disadvantaged and poor of any faith or no faith
- 3) Providing transformative services
- 4) Strengthened resources by doubling in size the past decade.

**FOUNDER AND DIRECTOR, ALPHA OMEGA CLINICS, FAIRFAX, VA. & BETHESDA, MD.**

**2002-2010**

Outpatient mental health clinics in Virginia and Maryland integrating clinical practice, psychology, consultation and mental health with the wisdom of the Catholic Faith.

Outpatient counseling, training, workshops.

**VICE PRESIDENT & DIVISION MGR. SCIENCE APPLICATIONS INTERNATIONAL SERVICES (SAIC) , HEIDELBERG & STUTTGART, GERMANY & MCLEAN, VA 1987-2002.**

Created, managed and developed successful international mental health programs for the military and international firms in Europe and Asia.

### EDUCATION

Santa Clara University - MA Counseling Psychology, 1985

Santa Clara University - BA Philosophy, 1975

### SKILLS

- Licensed marriage and family therapist in Virginia and California.

**REFERENCES: AVAILABLE UPON REQUEST**